* [News](http://www.mirror.co.uk/news/" \o "News)
* [Politics](http://www.mirror.co.uk/all-about/politics)
* [Football](http://www.mirror.co.uk/sport/football/)
* [Sport](http://www.mirror.co.uk/sport/)
* [Celebs](http://www.mirror.co.uk/3am/)
* [TV & Film](http://www.mirror.co.uk/tv/)
* [Weird News](http://www.mirror.co.uk/news/weird-news/)

TRENDING[BEN NEEDHAM](http://www.mirror.co.uk/all-about/ben-needham)[LITTLE MIX](http://www.mirror.co.uk/all-about/little-mix)[SAVE THE ALEPPO CHILDREN](http://www.mirror.co.uk/all-about/save-the-aleppo-children)[NICK KNOWLES](http://www.mirror.co.uk/all-about/nick-knowles)[X FACTOR](http://www.mirror.co.uk/all-about/x-factor)[STRICTLY](http://www.mirror.co.uk/all-about/strictly-come-dancing)

* [Technology](http://www.mirror.co.uk/tech/)
* [Money](http://www.mirror.co.uk/money/)
* [Travel](http://www.mirror.co.uk/lifestyle/travel/)
* [Fashion](http://www.mirror.co.uk/3am/style/)
* [Mums](http://www.mirror.co.uk/lifestyle/family/)
* [**Home**](http://www.mirror.co.uk/)
* [**Lifestyle**](http://www.mirror.co.uk/lifestyle/)
* [**Health**](http://www.mirror.co.uk/lifestyle/health/)
* [**Pregnancy**](http://www.mirror.co.uk/all-about/pregnancy)

Drinking more than a large glass of wine a day can reduce your chances of getting pregnant

* 23:30, 31 AUG 2016
* **UPDATED**10:06, 5 SEP 2016
* **BY** SAM BLEWETT

* **7**SHARES

* [COMMENTS](http://www.mirror.co.uk/lifestyle/health/drinking-more-large-glass-wine-8744412#comments-section)

A new study found fewer pregnancies among women who drank more than 14 servings of alcohol a week, but a small glass or bottle of beer a day does no harm

Downing more than one large glass of wine a day can reduce a woman's chances of becoming [pregnant](http://www.mirror.co.uk/all-about/pregnancy) , scientists say.

But drinking one small serving a day - defined as 120ml of wine or a small bottle of beer - had no impact on fertility.

However, researchers warned against drinking while trying to become pregnant due to affects on the foetus if women are unaware they have conceived.

The study, published in the BMJ, found women who drink at least 14 servings a week had slightly reduced [fertility](http://www.mirror.co.uk/all-about/fertility) .

A large glass of wine is defined as 250ml, so one of these a day would take a woman over the 14 servings per week.

The UK's official guidelines recommend that women completely abstain from drinking when trying to get pregnant but the effects remained unclear.

So the researchers undertook a large-scale study to examine the link between alcohol consumption before conception and time to pregnancy.

They found fewer pregnancies among those who drank more than 14 servings a week.

Dr Annie Britton, an alcohol expert from [University College London](http://www.mirror.co.uk/all-about/university-college-london) , says that the results "offer some reassurances" to couples trying to get pregnant.

She said it suggests that "total abstinence may not be necessary to maximize conception rates" because "if alcohol is consumed moderately, it seems that this may not affect fertility."

"However, it would be wise to avoid binge drinking, both for the potential disruption to menstrual cycles and also for the potential harm to a baby during early pregnancy," she added.

"If a couple are experiencing difficulty in conceiving, it makes sense for both partners to cut down on their alcohol intake."

A total of 6,120 women living in Denmark aged 21-45 were surveyed between June 2007 and January this year.

They were all trying to conceive and were not receiving any fertility treatment.

There were 37 pregnancies in 307 cycles in women who drank 14 or more servings a week compared with 1,381 pregnancies in 8,054 cycles in women who abstained.

But the authors warned that the study is observational so they can only make cautious conclusions about cause and effect.

They also did not take into account their partner's alcohol intake which can affect sperm quality.

In developed countries up to 24 per cent of couples experience infertility, which is defined as at least a year's wait to become pregnant.

The researchers were from the Department of Clinical Epidemiology, in Aarhus University Hospital, Denmark, the Department of Epidemiology in Boston University School, USA, and Health Solutions in the Research Triangle Park, USA.